

A Scientific Discourse.

FOR
THOUGHTFUL MINDS.

A RECORD OF FACTS, PRINCIPLES, AND DISCOVERIES.

*Free (or Unoxidised) Phosphorus in
its relation to the Improvement and
Preservation of Human Life on Earth.*

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"**T**HAT our medical men of every school, our greatest chemists, physiologists, philosophers, and men of science generally, as well as the inventors of, and those who deal in and adopt, the numberless methods and preparations which are advertised in all directions and in every conceivable manner for the cure of the "Ills that flesh is heir to," suffer almost as greatly, and decay and die as quickly as the least educated in society is matter of positive fact, as well as of regret; and although it may be conceded that much good has been done by every system which has yet been proposed, there is certainly still a deficiency; still humanity suffers; and it is painfully evident that something more is urgently wanted—something more simple, more decided in its action, less of the character of ordinary physic, or medicine, and more of the nature of a preserving and protecting aliment. This important desideratum medical science has, so far, failed to supply.

"Let us hope that the preparation now described is the beginning of a series of improvements in the right direction and of victories over the natural world."

These were the words of the late Dr. Samuel Birley, M.D., when introducing to the world, a few years ago, the results of his investigations, which had been the outcome of a life-time's work and study.

What the medical world of to-day is beginning to recognise, he had many years ago satisfied himself upon; namely, the supreme control which the nervous system exercises, not only over the main functions, but over the most minute and apparently insignificant processes taking place in the body.

That nerves, which can be handled, and seen by the naked eye, controlled the movements of our muscles, has been known ever since the earliest days of anatomy. But it is only of quite recent times that it has become evident that *every* function of the body directly depends upon definite nerves coming from the brain, for their proper working.

How common it is to see persons suffering from some nervous disease, develop before long distinct dyspeptic troubles! Some have regular attacks of liver disorders, giving rise to all kinds of troubles of the stomach and bowels. Some may develop various lung, kidney, and other disorders simply from a want of proper tone and balance of one or other part of the nervous system.

We might go on with illustrations of this kind sufficient to fill a thousand-paged volume, but we think the above will give some idea of the view taken by Dr. Birley. He strongly held that a very large number of diseases (even Cancer not excepted) are due to a weakening or lowering of the nerve force, which thus enables the various germs—Bacteria, Baccilli



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Micrococci, etc., etc.—as well as troubles due to other causes than germs, to encroach upon and take hold of our flesh.

Dr. Birley's great rule is, therefore :

“Look after the nervous system; keep it well nourished, and in perfect working order, and disease will little affect us.”

Dr. Birley devoted many years to the discovery of some remedy that would fulfil the above indications.

He carefully analysed the brains of persons who had died from various diseases, as well as of those who had been killed by accident whilst in the full vigour of health.

He was struck by the deficiency of **Phosphorus** found in the brain-matter of the weak and ailing, compared to what normally existed in the strong and healthy.

From this fact the suggestion naturally arose that perhaps the loss of phosphorus had much to do with the weakened nerve force, and that its artificial administration might help to give back what had been lost.

Such a thought was no less than prophetic, but simple as it appeared to be in this early stage of the investigation, it was found impossible to carry it out with any satisfactory result, for the following reason :—

Ordinary phosphorus, as understood by the chemist, cannot, by any known method, be made to be **PERFECTLY SOLUBLE** in the blood. It may be finely powdered and given in pills, etc., or dissolved in oil, alcohol, ether or chloroform, but in all these forms it is precipitated into a fine dust immediately on mixing with the juices of the stomach.

Many of these particles do not pass into the blood at all, but of those that do, *they are completely stopped when they arrive at the liver, through which organ everything passes from the stomach before entering the general circulation. Hence Phosphorus administered in this form cannot possibly reach the nervous system, and cannot therefore aid in its restoration.*

The phosphorus usually prescribed by medical men at the present time is of the above kind. Whilst admitting that this element is absolutely essential to the proper nourishment of the brain, yet they have no satisfactory form of administering it, and are forced to content themselves with advising such indirect things as fish and various phosphate salts, as the nearest method of getting the phosphorus *into the blood*.

Knowing these facts, and convinced of the necessity of phosphorus as a **Food**, rather than a medicine, for the **Brain and Nervous System**, Dr. Birley experimented in many ways for the purpose of discovering a means of preparing it so that it would be free from these drawbacks.

His aim was to find out a form which would not precipitate in this manner, but remain in *perfect solution* throughout the system.

In the end he was rewarded by the discovery of a new process of preparation (by distillation) which rendered it, when taken by the mouth, *absolutely soluble in the blood*, and was perfectly satisfactory in its effects in every way. It could pass *through the liver in a fluid state* and thus reach the nerve tissues, which alone were in need of it.

No better proof of the value of this new form of phosphorus could be required than the very severe tests to which Dr. Birley put his invention. That it really does pass into the circulation, and enter into the composition of the Brain and Nervous System cannot be better discussed than in the inventor's own words :—

“The question has often been put to us—What proof have you that your **PHOSPHORUS**, when taken into the stomach, actually reaches and combines with the substance of the brain ?

As it is truth only, and not opinion or hypothesis that we care for, our answer must be perfectly candid, and such only as practical investigation permits us to give. Because we cannot, or rather have no opportunity to, analyse the living human brain, *before* a course of PHOSPHORUS has been entered upon, we admit that the evidence is not direct and positive. We are obliged to depend upon implication and analogy. The following items, however, force the conclusion we have maintained upon us :—

1ST.—PHOSPHORUS is a constant element of the brain and nervous system of all animals.

2ND.—The amount of PHOSPHORUS is different in persons of different mental and physical powers.

3RD.—In the brain and nerve-matter of those who have during life been characterised by great powers of mind and body and who have been in the prime of health suddenly killed in battle, or accident, or by other violence, a much larger amount of PHOSPHORUS has been discovered than is ever found in the brain-matter of ordinary persons who have been killed in a similar manner.

4TH.—The brain-matter of idiots contains the least amount of PHOSPHORUS. A little more PHOSPHORUS is found in that of persons not completely imbecile, but physically and mentally weak, languid in action, deficient in pluck and energy, full of apprehension, weak in memory and in application of thought and purpose, who hesitate in their resolves, and shrink from the general bustle of commercial life. The same may be said of persons who are fretful, low-spirited, anxious, fidgety, and odd-tempered, and of the positively ill-tempered and disagreeable.

5TH.—Persons who in early life have enjoyed a fair amount of mental and physical power, but who have suffered many years from great anxiety and sorrow consequent upon family bereavement and other losses and trials, have been found after death to have lost a great portion of the PHOSPHORUS which is common in the brain of similar persons who have not suffered in the same way.

The same may be affirmed of those who beginning life with a good constitution, have excessively indulged in alcoholic preparations.

Alcohol has the property of dissolving and carrying away the PHOSPHORUS of the brain and nervous system.

We have personally known and carefully watched the career of many who in the 'prime of life' were brilliant, energetic, first-class men of business, full of dash and assurance, carrying all before them, and succeeding in almost every undertaking.

We have observed some of these to gradually wane in their mental and physical powers; little by little to have become anxious and apprehensive; matters which once were trifles, unworthy of attention, have seemed to be of great consequence; enterprise and speculation have become less and less; a fear of losing or failing has gradually crept in, until a general tameness and insipidity have been observed.

A few years longer, and the once bright, confident, venturesome business man has dwindled to an eccentric, nervous, desponding, and miserable human remnant, incapable of concentrating his powers, vacillating, absent-minded, forgetful, and almost heedless of the world or its pleasures.

Deafness, failing sight, impaired susceptibility, *necroencephalus* (softening of the brain) and general inanition, have gradually terminated in death.

In some cases we have been enabled to procure the brain and a portion of the spinal cord, and have found by analysis that the PHOSPHORUS has been greatly deficient and much less than has been found in the brain-matter of

persons who had the same vigorous character during early life, but who have died suddenly by violence in the midst of their career, and when all their powers of mind and body were most intense.

In several instances different parts of the brain have been found to contain different proportions of PHOSPHORUS.

Striking as the foregoing examples, and forcible as they are in the way of evidence, they are not in themselves sufficient. We require a synthetical process before we can form a satisfactory conclusion.

We have treated with PHOSPHORUS cases of every class, down to the almost helpless idiot and imbecile, and even in the latter we have seen a gradual improvement, until the process has been arrested through the resistance offered by the unyielding cranium to the further development of the brain.

We have seen the prematurely old, the worn and exhausted, the nervous and miserable of every position in life, gradually restored to a most vigorous and perfectly healthy state. From a lean and cadaverous condition they have become full in flesh, the countenance clear and ruddy, the eyes bright, sight improved, deafness overcome, the hair become abundant, the step and gait again elastic and determined, the spirits high and generous, the temper cheerful, the love of song and harmony returned, the brain again active, perception quick, memory tenacious, and the whole system and character changed from the most pitiable condition to the highest state of existence.

In several instances the stir and excitement of mercantile life have created a longing to return to business. Some have done so, and are now as keen and successful as at any former period.

We have seen the habitual drunkard gradually forget his cups, and begin to disdain the miserable orgies of his drunken companions. The improvement in the quality of his brain and nervous system has made him heedless of the stimulants and narcotics which were once his only comforters.

Morose, 'nagging,' illtempered, and in every sense disagreeable people, we have known to become cheerful, obliging, and uniformly pleasant to everyone with whom they have come in contact.

If then in all cases of mental and physical debility where we have been able to analyse the brain after death, we have found a deficiency of PHOSPHORUS, and if in precisely similar cases during life we have administered PHOSPHORUS, and found such conditions pass away, what other conclusion is it possible to arrive at than that **this new form of Phosphorus gradually assimilates** with the brain and nervous system, and brings up the depressed and wasted constitution to the normal standard?

The preparation which has repeatedly produced such results as those above described we have called "**Plain**" **Syrup of Free Phosphorus** because it is the simple solution formed by distillation, combined with sugar and without the admixture of any other substance or medicament."

Free Phosphorus in combination with other Medicaments.

The Phosphorus prepared as above described permits of our taking advantage of the well-known principle in medical science, that different articles of the *materia medica* have the property of acting specially on different organs of the body. These various properties are very valuable in cases of special diseased action, and we are able to take advantage of them in using the syrup of phosphorus here described. It will combine with

many remedial agents, and thus the power of the phosphorus may be determined to different organs of the body as local conditions may require.

Where the heart is weak, and the whole muscular system flabby and greatly debilitated, in addition to great nervous debility and exhaustion, the best combination is that of protoxide of iron with the "Plain," and which we have named the "**Ironised Syrup of Free Phosphorus.**"

In the course of many years private practice Dr. Birley was enabled to considerably modify and perfect a number of combinations of his Phosphorus in addition to the "Ironised" above named. For debility of the muscular and general system in **LADIES** particularly; when "Below Par" and suffering from poorness of blood and lack of colour, a special preparation called the "**Sub-Ironised Syrup of Free Phosphorus**" has been found to be wonderfully successful.

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In order to aid those who are in doubt as to which Medicine is best suited to meet their case we have drawn up a **SPECIAL PRIVATE CONSULTATION FORM** which may be filled up with all particulars and sent to us for advice, which we shall be most happy to give to the best of our experience, free of charge. These Forms may be had free on application.

We invite Correspondence, and shall be pleased to answer any enquiries on the medicine.

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PLAIN. SYRUP of FREE PHOSPHORUS. A Vitalising Food for all Brain and Nervous Affections from whatever cause—worry, late hours, overwork, &c., and for Hysteria, Vitus' Dance, Headache, &c., &c. A sustaining and life-giving element. The basis of all Dr. Birley's Preparations. Of especial value to professional men; Clergymen, Solicitors, Barristers, Literary Men, Schoolmasters, and all engaged in mental occupations 4/6

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THE EDITOR OF THE "CHRISTIAN AGE" says:—"Doubtless the 'Christian Age' enters many a home where there is some weakly one whose feeble health makes existence a burden, or perhaps it is a disease considered incurable which is wasting away life. Wherever there is such a case, we sincerely wish one of Dr. Birley's Preparations of Phosphorus might have a fair trial. These preparations are the result of scientific studies and experiments extending over many years, and the success which has already attended their use has been almost marvellous. We have seen hundreds of letters (not copies, but the original documents), some from persons well known to us, all testifying to the curative effects of one or other of these preparations. And more than this, we **know** of cases in which they have been the means of restoring to health when to all appearance recovery was almost impossible."

THE EDITOR OF THE "CHRISTIAN COMMONWEALTH" says:—"Our readers know quite well how careful we are not to recommend anything but what is thoroughly trustworthy, but so many voluntary testimonials of unmistakable genuineness are before us that it is simply impossible to question the efficacy of the Medicines to which we are calling attention; hundreds of letters from all classes of people, including titled nobility, clergymen, physicians, etc., among which we notice several well known names, all bearing remarkable testimony to the benefits derived from them. These letters we understand are open to the inspection of any bona fide applicant. We were assured that new letters of testimony arrive daily, in proof of which letters received during the past week were produced."

THE EDITOR OF THE "FAMILY DOCTOR" says:—"One thousand Original Letters of Testimony have been submitted to us by the Proprietors of Dr. Birley's Preparations."

The above extracts, we believe, will prove to our readers that Dr. Birley's Medicines are all that is claimed for them, and though we should like to give a far greater and more comprehensive batch of testimony, yet space will not permit.

We ask all interested readers to send to us for same.

We may say we have for years past supplied great quantities of Dr. Birley's Phosphorus to Clergymen and Ministers throughout the United Kingdom; men who are in need of such a Brain Food as we are able to supply, and the truly remarkable letters of thanks and testimony we are continually receiving is full conviction of the invaluable properties of Dr. Birley's Free Phosphorus.

Among some hundreds of others we may mention the following Reverend Gentlemen, who have proved the value of the medicines, and from whom we hold some excellent reports.

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